



NKDEP

National Kidney Disease
Education Program

Protect Your Kidneys

Kidney disease is a silent problem. It often has no symptoms until just before the kidneys fail. Once the kidneys fail, a person must either begin dialysis or get a kidney transplant.

But, kidney failure can be prevented...

Know if you are at risk.

You are at risk for kidney disease if you have:

- Diabetes **or**
- High blood pressure **or**
- A family history of kidney failure (mother, father, sister, or brother had kidney failure)

Get tested for kidney disease.

If you have any of the risk factors listed above, talk to your doctor about getting tested. Simple blood and urine tests are used to detect kidney disease. Testing is the only way to know for sure if you have it. The good news is, if kidney disease is found, medications called ACE Inhibitors and ARBs can help slow its progression or prevent kidney failure altogether. Talk to your doctor if you are at risk.

Control your diabetes and high blood pressure.

Diabetes and high blood pressure are the two leading causes of kidney failure. Managing these conditions can help reduce the stress on your heart and blood vessels, which contributes to kidney disease.

To learn more about how to protect your kidneys, visit: www.nkdep.nih.gov or call toll free 1-866-4-KIDNEY.